



## Dribbling *by James A. Gels*

Dribbling is a key component to the game of basketball. Everyone can always work on improving their ball handling.

### **These are the drills:**

*Do each one about 60 seconds and then move to the next one. With all of these drills, try to keep your eyes forward, without looking at the ball.*

#### **Up and Downs**

Start by dribbling the ball in front of you so that the ball bounces waist high. Gradually, bounce the ball harder and harder until you are dribbling the ball as high as you can without jumping. Then gradually dribble the ball lower and lower until you are on one knee, finishing as close to the floor as possible. Pound the ball quickly to keep it going. Then do it with the other hand.

#### **Kills**

Dribble the ball waist high, then suddenly "kill" it by dribbling it as low as you can, hold this for a few seconds, then bring it back up to waist high. Do this several times with each hand

#### **Circle Dribbles**

This drill is similar to "Circles" (see ball handling) except now the ball is dribbled. Dribble around your left leg then your right. Next, using both hands, dribble around both legs which should be together. Next, kneel down on one knee and dribble around your body and under your leg. After that, switch knees & continue. Then, while on your knees, dribble around your body, using both hands.

#### **Figure Eight**

This drill is similar to the ball-handling figure eights drill except now the ball is dribbled through your legs in a figure-of-eight motion. Use both hands and be sure to look up while doing this drill.

#### **Back and Forth Under the Legs**

Get crouched over with your right knee & leg forward. V-dribble the ball behind the extended leg. Repeat behind the other leg.

#### **Crossover Dribbles**

Dribble with your right hand. Bounce the ball once on the right side, then cross the ball over in front of you by bouncing it to the left. The left hand now bounces it on the left once, and then crossover back to the right, where the right takes over again. Repeat this procedure.

#### **V-Dribble in Front**

Start with the right hand and dribble once on the right side. Then dribble the ball in front you, as if you were going to cross over to the left side. Instead of getting it with your left hand, roll your right hand over the top of the ball, and bring it back to the right. Keep dribbling like this: right then cross over V-dribble. Repeat with the left hand.

#### **Side V-Dribble**

Now do the v-dribble on the side. Do both left and right hands.

*more difficult drills...*

#### **Spider Dribble**

Knees and waist bent, feet apart and have the ball directly between them in the middle. It is a "four bounce" rotation where the right hand dribbles in front of the leg, followed by the left hand in the front, followed by the right hand behind the leg, followed by the left hand behind the leg. To learn, just place the ball on the floor and go through the rotation without dribbling (just touch the ball).

#### **Windmill**

Bend at the waist and knees with feet wide apart. Bring the ball backward over the thigh and dribble it from behind through the legs and catch it in front with the opposite hand. Bring it over the top of the opposite thigh, behind the back and dribble it forward through the legs, catching it with the original hand. Go as fast as you can! Do this drill in reverse for the "Butterfly".

#### **Shuffle**

Here's a good drill to help your "between the legs" dribble. Jump with one leg going forward and the other going backward, and then crossover dribble the ball through the legs.